Use this format for the Research Project Outline.

Copy & paste the outline below into your Wiki Page

Replace the word ‘Topic’ with your topic.

Leave the outline & add your information to the outline.

Type 2 Diabetes—Bria, Sydney, Elliot

1. Definition

1. Identify/define topic: Type 2 Diabetes is a lifelong disease in which there are high levels of glucose in the blood
2. History/Origin of item: A Scientist named Roger Hinsworth discovered Type 2 diabetes in 1935. He distinguished the difference between the two when h noticed that there were two types of diabetics: those who were sentistive to insulin and those who were not.

2. Signs/Symptoms

1. Specific examples: Some symptoms of type 2 diabetes are increased thirst, dry mouth, fatigue, blurred vision, headaches, and loss of consciousness.
2. How long they should last before concern: You should contact your doctor as soon as you start noticing symptoms of type 2 Diabetes. It is important to get tested for diabetes and start a treatment plan to prevent a serious complication.
3. Genetic, hereditary or environmental factors: You can inherit a predisposition to the disease then something in your environment triggers it. Type 2 Diabetes has a strong link to family history, although it depends on your lifestyle.

3. Treatment/Managing the problem

1. If treatment is available, examples and details listed: The main treatment is lots of exercise and a healthy diet. There are also some medications to help manage blood sugar levels and insulin. If a patient with Type 2 Diabetes is very overweight, they may have to consider weight loss surgery ([gastric bypass surgery](http://health.nytimes.com/health/guides/surgery/gastric-bypass/overview.html), [laparoscopic gastric banding](http://health.nytimes.com/health/guides/surgery/laparoscopic-gastric-banding/overview.html), etc.)
2. Role of diet: People with Type 2 Diabetes have to closely monitor their diet in order to lose weight. They must be fully aware of how much fat, protein, and carbohydrates they need. On top of that, they must maintain a diet with fewer calories, 30 - 45 grams of carbohydrates per meal, and healthy monounsaturated fats.
3. Role of exercise: Exercise is very beneficial to those with Type 2 Diabetes. It helps lower their blood sugar levels without using medication, burns extra calories and fat (which helps them lose weight,) and improves blood flow and [blood pressure](http://health.nytimes.com/health/guides/test/blood-pressure/overview.html).
4. Role of medicine: Type 2 diabetics are given insulin to help keep their blood sugar under control. They usually use a syringe to inject it, and it is used on an as-neded basis. There is also medication that can be used to keep blood sugar at normal levels. Usually, doctors only resort to this kind of medication if a healthy diet and exercise do not keep blood sugar under control. It is not uncommon to take more than one drug at a time, and they can be used at the same time as insulin.
5. Role of family support given: It is important that families support an individual that is diagnosed with Type 2 Diabetes. It can be difficult to keep track of everything (blood sugar levels, insulin, exercise, etc.) and it is important that they get the help they need. It is also important that families serve as accountability partners for these people and help them get the exercise and right amount of food they need.
6. Management of problem short-term: In the beginning of treatment, an attempt is made to lower high blood glucose levels. If this attempt is successful, patients can discontinue treatment if they stick with a healthy diet and exercise. If there is trouble, insulin and medications are given to help with the process.
7. Management of problem long-term: After initial treatment, the main goal is to lose weight. Some people can even discontinue their medications after losing weight. With lots of exercise and a healthy diet, this shouldn’t be a problem. Diabetics must stick with their plan, though, for best results.
8. Impact on the individual and family: The individual might feel like they aren’t normal when they are with their friends. Someone with diabetes might feel out of place at a food-related social engagement because they might have to stop eating before everyone else.
9. Impact on the family: People who live with someone who suffers from type 2 Diabetes might feel like they need to provide moral support by eating healthy or going to the gym with them, which can provide better habits for everyone.
10. Statistics integrated into the data: By the year 2050, approximately 1 in 3 adults will have diabetes. Type 2 Diabetes account for 90-95% of these cases. The majority of the people diagnosed with Type 2 are over 40 years of age. The adolescents that are diagnosed are generally between 10 and 19 years of age. Type 2 diabetes is usually seen in non-white ethnic groups. American Indian adolescents have the highest chance of getting it.

4. What I learned/3 WOW’s

1. New information learned: type 2 diabetes is 90-95% of all the cases of diabetes.
2. New information learned: People with Diabetes can live normal lives if they take care of themselves.
3. New information learned: Thin people may also be affected by type 2 diabetes.

5. Resources

Kolata, Gina. "Type 2 Diabetes - Symptoms, Diagnosis, Treatment of Type 2 Diabetes - NY Times Health Information." *Health News - The New York Times*. Web. 30 Jan. 2012. <http://health.nytimes.com/health/guides/disease/type-2-diabetes/overview.html>.

"CDC - More Information - Children and Diabetes - Projects - Diabetes DDT." *Centers for Disease Control and Prevention*. Web. 31 Jan. 2012. <http://www.cdc.gov/diabetes/projects/cda2.htm>.

"Genetics of Diabetes - American Diabetes Association." *American Diabetes Association Home Page - American Diabetes Association*. Web. 30 Jan. 2012. <http://www.diabetes.org/diabetes-basics/genetics-of-diabetes.html>.

Bronson, Mary H., and Don Merki. *Glencoe Health*. New York: Glencoe/McGraw-Hill, 2005. Print.

"Social Effects Of Type 2 Diabetes | LIVESTRONG.COM." *LIVESTRONG.COM - Lose Weight & Get Fit with Diet, Nutrition & Fitness Tools | LIVESTRONG.COM*. Web. 30 Jan. 2012. <http://www.livestrong.com/article/222662-social-effects-of-type-2-diabetes/>.

"Type 2 Diabetes - PubMed Health." Web. 31 Jan. 2012. <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001356/>.